

Air Temperature / Relative Humidity to Heat Category Conversion Chart

[illegible]

WORK REST CYCLES/WATER CONSUMPTION TABLE							
Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest	Water Intake (Qt/hr)	Work/Rest	Water Intake (Qt/hr)	Work/Rest	Water Intake (Qt/hr)
1	78 - 81.9	NL	1/2	NL	3/4	40/20 min	3/4
2	82 - 84.9	NL	1/2	50/10 min	3/4	30/30 min	1
3	85 - 87.9	NL	3/4	40/20 min	3/4	30/30 min	1
4	88 - 89.9	NL	3/4	30/30 min	3/4	20/40 min	1
5	>90	50/10 min	1	20/40 min	1	10/50 min	1
NL = no limit		Weapon Maintenance; Walking hard surface @ 2.5 mph, <30lb load; Marksmanship training; Drill and Ceremony		Walking loose sand @ 2.5 mph, no load; Walking hard surface at 3.5 mph, <40lb load; Calisthenics; Patrolling; Individual Movement Techniques (ie high/low crawl)		Walking hard surface at 3.5 mph, > or = 40lb load; Walking loose sand at 2.5 mph with load; Field assaults	
Body Armor = +5°							
MOPP 4 = +10°							
Rest = sitting or standing in the shade if possible							
The work-rest times and fluid replacement volumes will sustain performance and hydration for at least 4 HOURS of work in the specified heat category. Fluid needs can vary based on individual differences and exposure to full sun or full shade.							
CAUTION: Hourly fluid intake should not exceed 1.5 quarts Daily fluid intake should not exceed 12 quarts.							